

BR V - AFLOAT		BRONZE SAIL V - AFLOAT SKILLS															
		Spinnaker set-up		Spinnaker Hoist			Spinnaker Trim			Spinnaker Gybe			Spinnaker Douse			Trapeze	
1	Attach halyard and sheets for hoist without a launcher																
2	Ensure lines run outside standing rigging and avoid tangles																
3	Ensure the spinnaker is packed correctly																
4	Attach the pole to the guy and mast																
5	Crew hoists, skipper pulls on sheets																
6	Hoist without hourglassing																
7	Crew pushes pole to the tack																
8	Spinnaker drawing and controlled within 10 seconds after head reaches mast sheave																
9	Crew takes control and flies spinnaker																
10	Complete a windward hoist																
11	Complete a leeward hoist																
12	Demonstrate proper spinnaker trim with luff curl and without collapsing spinnaker																
13	Adjust pole height correctly for different wind and points of sail																
14	Correct an hourglass																
15	Adjust guy and sheet to maximize fullness																
16	Demonstrate course adjustments using the guy																
17	Demonstrate sheet adjustments																
18	Crew uncleats sheet/guy and passes to skipper																
19	Skipper flies spinnaker through the gybe without collapsing it																
20	Crew passes pole to new side																
	Skipper maintains a controlled course																
	Sailboat is kept flat																
	Crew resumes control of spinnaker																
	Crew passes sheet/guy to skipper																
	Crew lowers halyard																
	Crew pulls spinnaker into the boat																
	Skipper maintains desired course																
	Crew trips pole and stows in boat																
	Keep spinnaker out of the water																
	Demonstrate a windward douse																
	Demonstrate a leeward douse																
	Put on a trapeze harness correctly																
	Rig a trapeze system																
	Promptly get out on trapeze when required																
	Keep back straight																
	Keep the forward foot straight																
	Feet are spaced safely apart																

IMPORTANT: Keep a copy and send a copy to your PSA after the session is complete.

CYA and PSA are establishing a database of participants.

BRV - AFLOAT		BRONZE SAIL V - AFLOAT SKILLS													EVALUATION																		
		Planing			Surfing			Helming Skills					Crewing Skills		Instructor fills in with comments and BR V or BR V IP. NOTE: IP stands for "In Progress". IP is used when the sailor has not demonstrated all skills consistently, or they do not have the required hours of training (50). Sailors usually spend 50 hours minimum on BR V before moving on to Silver VI. A sailor must demonstrate all skills consistently in order to challenge BR V and move on to Silver VI in under 50 hours. **This sheet is only intended to be a teaching tool - consult the Performance Objectives prior to awarding a CYA standard!**																		
Adjust sail position	Correct centreboard position	Correct crew position	Use gusts, sail trim and crew weight to keep plane	Hold for 90 metres	Luffing	Hiking	Adjust sail position	Correct centreboard position	Correct crew position	Head up to climb the crest	Bear off to ride down the trough	Beating	Running	Tacking		Gybing	Close Reach	Beam Reach	Broad Reach	Heading up	Bearing away	Starboard tack	Port tack	Hiking	Luffing	Stopping	Sail Trim	Boat Trim	Gybing	Tacking	Daggerboard	Lookout	
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